

**NEW RIVER
VALLEY
MEDICAL
RESERVE CORPS**



NEW BADGES!

- Please attend one of our orientations or training sessions to have your picture made and your new NRVLMRC ID Badge issued!

RECRUITMENT

- Do you know the perfect MRC volunteer?
- Do you know an organization that the MRC could support?
- Contact your coordinator with that information and help your unit support your community!

Recognition

In coming months, NRVLMRC volunteers will be offered:

- CPR/BDLS Certification
- Field Mental Health Training
- Field Response and Personal Protection

These sessions are offered at no cost to volunteers. All who attend the three-part training will receive a special gift from the MRC.

NRVLMRC News

Volume I, Issue I

Spring 2011

Back on Track!

Volunteers—First I'd like to say a big **THANK YOU!** Thank you for committing the time that you do, no matter the amount, to protecting our community's health! It is an honor to serve as your coordinator!

Second, I hope you find this newsletter to be beneficial! I'll provide upcoming events, recognition, trainings and other important information in one place, as well as update you periodically when appropriate.

The NRVLMRC has been relatively inactive, but that is well on its way to changing. We have upcoming events with the Montgomery County Health Department and several **trainings and orientations** on the schedule.

And it's still growing!

I'm even looking forward to offering **basic life support and CPR classes** to refresh your skills or offer a certification you may not already have.

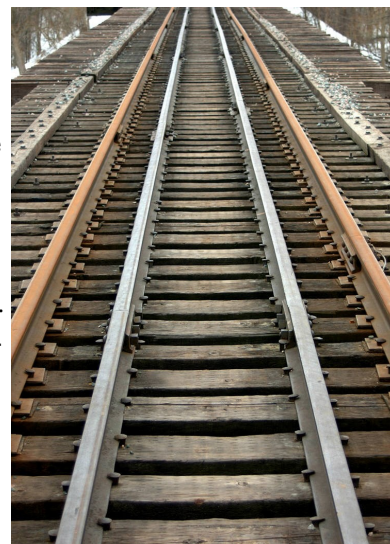
Not only is our calendar growing, we've even had the opportunity to work closely with our local government officials to let them know we are here and ready to help.

This month, I look forward to meeting several of you and at least meeting all of you within the days of spring.

If we don't meet at orientation this month, I hope you'll be able to join me in upcoming orientations or at one of our training events. As always, you are welcome to call me at anytime or if you know I'm in the office,

please stop by!

I am located in the Montgomery County Health Department and welcome your visit! I work within the Roanoke Valley as well as the NRV, so feel free to call or email to make sure I'll be here for you.



Lastly, please let me know what you would like to see, read about, learn about, or participate in. I will do my best to accommodate **every request!**

~Tanya Ferraro

NIMS and ICS...always online, always available!

Did you know the MRC prefers all volunteers complete Incident Command Systems training ICS 100 and National Incident Management Systems training IS 700.a within their first year?

These brief courses will prepare volunteers to understand and engage in emergency situations. They provide the basics

for clear communication and an overall knowledge of an Emergency Operations Center (EOC) or an Incident Command System (ICS).

ICS and NIMS are federally mandated programs—the national standard. That means no matter where you go, your organization will speak this language, and you will understand!

These courses are offered periodically in live sessions and always online at <http://training.fema.gov/IS/crslist.asp> at no cost.

If you have not done so, please take advantage of this training, receive your certification, and send a copy to Tanya Ferraro by email, fax or USPS to keep your training file up-to-date!

NEW RIVER VALLEY MEDICAL RESERVE CORPS

CONTACT YOUR COORDINATOR!

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**Volunteers protecting
Virginia's health!**

VVHS

The Virginia Volunteer Health System is how your coordinator keeps in touch with you!

Be sure your information is up-to-date so you can receive the latest MRC news and activation alerts!

Visit <https://vms.vdh.virginia.gov/> to update your information today!



Protecting Virginia's Health

Upcoming Events & Trainings

May

5: Nurses Week, Thank you to our wonderful nurses for all you have done and will do!

17: Orientation, 6-8 p.m., MCHD Community Room

18: Orientation, 10-11 a.m., MCHD Community Room

25: Basic Skywarn Spotting Training, Mont. Co. Gov. Center, 5:30-7:30 p.m.

22: Hurricane Preparedness Week, Tax free hurricane

preparedness items throughout VA! See article below!

June

4: Basic Disaster Life Support, 7:30 a.m.-5 p.m., Lynchburg (Contact your coordinator for more information)

9: Nuclear and Radiological Response Overview for MRC, 6-8 p.m., MCHD Room 2, 1027063

15: Family and Personal Preparedness Training, 6-8 p.m., MCHD Room 2, 1025163

Looking Ahead:

September

14: Terrorism and Security Awareness Orientation, 6-8 p.m. MCHD Room 2, 1004702

October

12: NIMS in a Nutshell (IS 700.a), 6-8 p.m., MCHD Room 2, 1016650 MRC Required Course!

Registering for Classes

For classes with a registration number, please visit the VA Train website at <http://va.train.org> and register for the course by number.

To register for all others, email tferraro@vaems.org with the course name.

New Courses

New available courses will be emailed to volunteers, added to the calendar in our quarterly newsletter and added to the NRVLMRC Facebook events page on a regular basis. As always, please email me if you have any questions!

Key to Classes

MCHD: Montgomery County Health Department

Room 2: Internal Meeting Room



Hurricane Preparedness

Hurricane season is coming! Now is the time to prepare.

Hurricane Preparedness Week is May 22—28. It's a great time to gather your items, create your kit, and your plan! Why? Because May 25—31 is Virginia's **tax free** holiday!

While hurricane season historically affects Virginia in August, September and October, it's important to prepare yourself as soon as possible! It's also helpful that this week coincides with the tax free holiday, providing additional savings.

It's especially important for



the NRVLMRC to prepare because Virginia Tech is a state-managed shelter.

This means that in the event of a disaster, such as a hurricane that affects our neighbors from any direction, Virginia could potentially open a shelter at VT for evacuees.

It is the responsibility of the Virginia Department of Health to provide staffing support for the special medical needs population in the shelter if called to open. That means you, as an MRC volunteer, will be vital to the success of the shelter and safety of our visiting community.

The NRVLMRC will have training in coming months on the state-managed shelter and the role we play.

Resources on hurricane preparedness and what you might need in your kit can be found at www.readyvirginia.gov and www.vaemergency.com.